

Cassia County School Dist. 151

School Wellness Policy

Goal: To promote and encourage a life-long healthy lifestyle by providing healthful foods, access to nutritional information and opportunities to be physically active.

Cassia County School District will encourage curriculum in grades K-12 that instruct and promote good nutrition and eating habits. Elementary grades will introduce nutritional elements in each grade level and will be supported by the staff in the lunch room. Secondary students will receive instruction in their health classes, science classes, family and consumer science classes, and PE. Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a healthy and physically active lifestyle.

Cassia County School District will continue to support and encourage physical activity by offering regular PE and health programs in grades K-12. Suggestions to move toward more activity include:

1. Recess before lunch in the elementary schools.
2. Noon intramurals and after school intramurals.
3. PE
4. Extra-curricular programs such as sports and dance, etc.
5. Movement and activities during inclement weather.
6. Fitness curriculum during Health and PE.
7. Using physical activity as a reward.

Cassia County School District will support the Federal USDA guidelines for reimbursable school lunch and breakfast. The schools will offer adequate time for eating and a good environment that is conducive to eating and socializing.

Cassia County School District will work with vendors to provide choices and selection for healthy food and beverages in their vending machines, concession stands, and school stores.

Schools will work toward rewarding students with alternative rewards in place of candy and sweets. Non-food rewards will be encouraged.

Cassia County School District will evaluate the implementation of the Wellness Policy by designating one or more persons at each school campus to ensure that the school meets the local Wellness Policy.

This wellness committee, consisting of parents, students, Food Service, School Board Members, School Administrators, teachers, and School District Administration, will convene each year to review and revise this Wellness Policy.